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Eastern States Exposition launches virtual Big E vendors marketplace

Eastern States Exposition has launched The Big E Marketplace – a webpage that helps connect its fairgoers to their favorite vendors where they can shop for the goods and services that make the Fair experience unique and exciting.

SEE PAGE 10

Matthew Corbin hired as newest Ludlow police officer

By Jonah Snowden
jsnowden@turley.com

LUDLOW – There are two people who inspired Ludlow Police Department's newly appointed officer Matthew Corbin to pursue a career in law enforcement.

One of them was his uncle, Jay Gershowitz, a state trooper. His uncle, Joe Marques, who was a correctional officer at the Hampden County Jail, also served as an inspiration to Corbin.

The first step in Corbin's journey, began at the Hampden County Jail, through the County Jail Summer Health Program from 2017 to January of 2020.

During his time working at the jail, Corbin said he worked with a lot of inmates who he had to place in special housing and conduct searches on.

"I had a great three years there and thought I could help my community and wanted to pursue a career in law enforcement," said Corbin. "It just



Officer Matthew Corbin

showed me that I wanted to be more proactive outside of the jail, to be more helpful, and I thought the best way of doing

that would be becoming a police officer, because there's more you can do before the inmates come to jail."

Following his experience working at the jail, Corbin said he took and passed a Civil Service test in September of 2019 and later began the interview process with the Ludlow Board of Selectmen. Corbin also attended the Boylston Police Academy from February to July of 2020.

During his time there, Corbin said the academy helped further his knowledge and skill-set in the field on law enforcement, such as a learning more about gangs, drugs, firearms and more. "They had all different kinds of classes," said Corbin. "It was a very great overall experience."

Since beginning his job as a police officer with the Ludlow Police Department on Aug. 3, Corbin has undergone a field training program, where he follows closely with other officers "to learn how they do they do their job and interact with the

community," he said.

"Once I get off field training, I'll be able to be on my own and be my own officer," said Corbin. "It's been a very humbling experience; there's a lot of new things that I'm learning right now."

As a Ludlow resident, Corbin said so far, it's been great serving the community he has grown up in.

"I have family that grew up in Ludlow throughout the entire time the town has been around," said Corbin. "I think being a police officer in the town of Ludlow was always just another way I can protect my family and the community that's given me so much in the past."

Regarding what the newly appointed police officer is looking forward to while working with the police department, Corbin said, "experiencing everything the job has to offer" and becoming more acquainted with his co-workers. He said he expects every day to be a different experience, which is what he loves about his job.

Ludlow Rotary, Scouts, VFW partner for Day of Service

LUDLOW – On Saturday, Sept. 12, the Ludlow Rotary in partnership with Ludlow VFW Post 3236 and Cub Pack/Boy Scout Troop 1774 observed Patriots Day and the National Day of Service and Remembrance by cleaning headstones at the Center Street Cemetery.

"We were honored to help rejuvenate these grave markers that had been neglected for so

many years and restore them to their original form as best we could," said Ludlow Rotary president Kevin Vestal. "We are fortunate to be to restore dignity to those Ludlow residents that are gone, but not forgotten."

"Ludlow Day of Service was held on Saturday Sept. 12 as part of the Sept. 11 Patriot Day and National Day of Ser-

vice and Remembrance," said Eric Segundo, Town of Ludlow director of Veterans' Services. "On this day, Americans across the country are called to volunteer in their local communities in tribute to the individuals lost and injured in the attacks, first responders, and the many who have risen in service to defend freedom. This was our way of honoring their memories."



Submitted photos

On Sept. 12, the Ludlow Rotary and Ludlow VFW Post 3236 and Cub Pack/Boy Scout Troop 1774 observed Patriots Day and the National Day of Service and Remembrance by cleaning headstones at the Center Street Cemetery.



Ludlow police report off-road and bicycle disturbance calls

LUDLOW – Over a six day period this month, the Ludlow Police Department received nine reported incidents involving bicyclists or off-road vehicle operators causing disturbances by driving erratically or through loud noise complaints.

The bicyclists and/or off-road vehicle operators either speed, create loud noise disturbances by driving through residential neighborhoods, weave in-between vehicle traffic, or deliberately swerve at motorists either in parking lots or on public roadways, according to a statement from Ludlow police. These incidents occurred on West Street by Holyoke Street, Chestnut Street by East Street, Howard Street by Sewall Street, East Street by Prospect Street, Ridgeview Circle, Minechoag Heights, and Fox Run Drive.

The Ludlow Police Department encourages anyone who observes this type of behavior to contact the Ludlow Central Dispatch Center as quickly and as timely as possible to help the department identify the operators.

These bicyclists and off-road vehicle operators may be charged both criminally or civilly for their illegal driving behavior and may also face confiscation or impoundment of their bicycles or off-road vehicles.

LUDLOW

Curbside pasta with a purpose

St. Elizabeth Parish spaghetti dinner slated for Oct. 3 will benefit Scouts

LUDLOW – There’s an upcoming opportunity for lovers of St. Elizabeth Parish’s spaghetti dinners who have been missing out since the pandemic ended the monthly event to

enjoy the same menu, which is being served on Saturday, Oct. 3 to benefit Scouts in the 180 family from 5 – 7 p.m., with curbside pickup at the Pastoral Center on Hubbard Street.

The 28th annual spaghetti dinner is raising money for the Scouts in Boy Troop 180 and Girl Troop 180 to use towards summer camp and also benefits needs of Cub Scout

Pack 180 and Venturing Crew 180. Meals are \$7 for adults and children up to 10 years old are \$4.

Orders are being accepted by emailing pasta@scouts180.org or calling 413-308-0276. Please include name, contact info, the number of meals wanted, and the desired pick-up time between 5 and 7 p.m. Checks can be made payable to Troop 180

and are being accepted (as is cash) at pickup. Pickup lanes will be in the parish’s parking lot, entering from Oak Street.

The Friends of St. Elizabeth are donating the sauce and pasta, continuing the long tradition of parish support to provide Scouting to the entire Ludlow community. Mike Crowther is preparing the same sauce he uses for the parish’s popular monthly spa-

ghetti supper.

Family Scouting chartered by the BSA to St Elizabeth Parish includes Cub Scout Pack 180, Scouts BSA Boy Troop 180, Scouts BSA Girl Troop 180 and Venturing Crew 180. Membership is open year-round to all youth from kindergarten to 20 years old. Further information is available by e-mailing join@scouts180.org.

HEALTH & Wellness



Complications of Mask Wearing in the Age of COVID

Now that the acute crisis of COVID-19 is mostly behind us, America is transitioning into “the new normal.” This new phase of pandemic response, sandwiched between the initial exposure in March and some future vaccine production, is expected to continue well into 2021. This “in-between” period is marked by behaviors now very familiar to us: social distancing, frequent hand washing, small group sizes, and mask wearing. This last item, mask wearing, is a new feature for most Americans. While it brings great benefit in terms of reducing viral exposure, it does bring some complications. We are just now beginning to understand the long-term ramifications of mask wearing.

Essential workers, especially front-line health care workers, are most at risk from long-term mask wearing. The N-95 mask we hear so much about on the nightly news is a blessing, but it has some drawbacks. It is most protective against COVID-19 because of its high-filtration rate: approximately 95%, hence the “N-95” designation. However, because it filters so effectively, it also severely restricts airflow to the wearer. This can result in lowered blood oxygen levels, higher blood carbon dioxide levels, headaches, dizziness, nausea, and a decreased mental focus. These symptoms are, in many ways, similar to altitude sickness! Also, the masks raise the temperature of the wearer’s face, it dehydrates the wearer by preventing inhalation of moist air, it increases the wearer’s heart rate, and it increases the stress level on the heart. Long term mask use also results in constriction of the nasal passages, a change which continues well after the mask is removed. This can restrict breathing well after the health-care worker has removed

the mask and gone on with normal life. Health-care providers who wear these masks for prolonged periods of time must make a concerted effort to take scheduled breaks in a safe area where they can remove the mask and get fresh air.

Many Americans, even those not in the health care field, are now required to wear masks as part of their work. Those who work in grocery stores, hardware stores, retail, or education suddenly find themselves wearing a mask all day long. These masks, commonly called “surgical masks,” do not have the same level of side-effects as the N-95 masks; nonetheless, they do come with some side effects. For example, they do tend to dehydrate the wearer. They also can cause skin irritation around the edge of the mouth.

There are some serious dental complications from wearing either the N-95 or surgical mask all day long. Both tend to dry out the mouth. Dry mouth, no matter what the source, often leads to tooth decay, since the bacteria that cause decay thrive in a dry environment. In addition, dental plaque builds up on the teeth faster in a dry environment, leading to bleeding gums, gingivitis, or periodontal disease. Dentists have seen a sharp uptick in both tooth decay rate and in gum disease since the pandemic struck, often in people who had previously been quite healthy!

What can be done to prevent oral health complications from mask wearing? Taking frequent breaks, staying hydrated, keeping up with flossing and tooth brushing, pursuing extra fluoride, and staying on schedule with regular dental cleanings all make for a successful strategy. Your local general and family dentist is well equipped to deal with any oral health complication which may arise!

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Baker's Lane Biscotti offers fresh-made goods out of Monson

By Jonah Snowden
jsnowden@turley.com

LUDLOW – Since she was a child, Ludlow resident Lyn-Marie Fioravanti has had an interest in baking authentic Italian and Sicilian treats and with this passion, has opened her own business, Baker's Lane Biscotti out of Monson's First Church.

Through her business, Fioravanti sells biscotti and pizzelles, treats that she grew up making and which can be hard to find.

"These recipes have been in my family for generations and I feel like there's not a very good product on the market," said. "I've tried many times to get them and I've always been disappointed in the quality, the texture. The taste is not the same."

Fioravanti said it was daunting to start a business from the ground up. She first ran the idea by her family, who showed their approval and support. She also credits her cousin, Karen Letty, a graphic designer who was hired to assist with branding for a couple of months.

As someone who is community-oriented, Fioravanti runs her business through the First Church of Monson, who gladly welcomed her in and allows to use their kitchen.



Courtesy Photos

Baker's Lane Biscotti's freshly baked pizzelles.

"I just had this idea that the church needed money and they have this beautiful kitchen that isn't used a lot, so I thought well, maybe I could bake there, since it's only two types of cookies, it's not a huge business just yet. They thought it was a great idea and that really boosted my confidence to say, wow, they think it's a good idea, so why not try it?"

Regarding the name of her business, Fioravanti said it comes from the street she moved to in Marshfield at that age of 13, Baker's Lane, where she also learned how

to make these treats. She said she considers food as a special part of life and something that is not just used for consumption.

"Aside from being a dietitian, food always was a sort of a gift of love and comfort and my mother (Charlotte Maio) cooked for us and baked for us," Fioravanti said. "My grandmother (Mary Fazio) did the same and we love doing it for other people. We love cooking and baking and enjoying seeing people eat what we've created. I think that's huge."

Moving forward, Fioravanti is hoping to increase her local customers.

"I just want to make sure everybody knows that I am the sole baker and alone in the kitchen, and have a mask and wear gloves the whole time I'm there," said Fioravanti. "People can come to the church to pick them up. I live in Ludlow, so they could also come to my home to pick them up if that's more convenient."

She said she's also looking to collaborate with businesses if they would like to distribute baked goods to their clients.

For more information on Baker's Lane Biscotti, visit <https://www.bakerslanebiscotti.com/>.



Freshly baked biscotti along with pizzelles are available through Baker's Lane Biscotti.

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LUDLOW *Senior* CENTER

Hello all! Below is information on our Zoom classes, Channel 192 schedule and Grab and Go menu for the upcoming week. Join us on Wednesday, Sept. 23 from 1 – 2 p.m. for ice cream cones in front of the building. Outdoor classes will run through the end of October. Please always remember we are here!!!

Zoom schedule.
Please call Maria at 583-3564 for log in information.

- Thurs., Sept. 24 at 9 a.m.: Tai Chi in the PARK
- Fri., Sept. 25 at 10 a.m.: Yoga in the PARK
- Fri., Sept. 25 at 11 a.m.: ZOOM Trivia
- Tues., Sept. 29 at 9:30 a.m.: ZOOM Coffee with Friends
- Tues., Sept. 29 at 2 p.m.: Play ZOOM Bingo with us!
- Wed., Sept. 30 at 10 a.m.: Boomer Bootcamp in the PARK
- Wed., Sept. 30 at 4:30 p.m.: ZOOM Chair Yoga with Lisa
- Thurs., Oct. 1 at 9 a.m.: Tai Chi in the PARK

Channel 192 line up:

Monday – 9 a.m.: Move and Groove; 3 p.m.: Yoga

Tuesday – 9 a.m.: Chair Yoga; 3 p.m.: Today’s Hot Topic!

Wednesday – 9 a.m.: Tai Chi; 3 p.m.: Zumba

Thursday – 9 a.m.: Today’s Hot Topic!; 3 p.m.: Chair Yoga

Friday – 9 a.m.: Boomer Boot Camp

Saturday – 9 a.m.: Chair Yoga

Grab and Go Menu

Thurs., Sept. 24: Fist and Chips (Mask Day)

Tues., Sept. 29: Ham and Broccol Casserole

Thurs., Oct. 1: Salisbury Steak

Tues., Oct. 6: American Chop Suey

Reminder: PICK UP IS 11:30am-12:30pm. Reservations 24 hours in advance, 60+ and drive up to pick up. \$2 a meal. More info: 583-3564

Brown Bag event scheduled for Oct. 2

INDIAN ORCHARD – The Indian Orchard Food Bank of Western Mass Brown Bag will be Friday, Oct. 2, in the parking lot across the street from 117 Main Street (Myrtle St. Park). To keep everyone safe, attendees are asked to drive into the parking lot and

line the cars up (please do not park and get out of the cars) and the bags will be handed through the car window. Please wear a mask! Pick up time is no earlier than noon and no later than 1 p.m. Call Linda at 413-301-5213 with any questions.



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Interskate 91 expands program offerings to include supervision of kids’ remote studies

WILBRAHAM – Interskate 91, with the mission of providing fun, safe experiences for children for 30 years with its summer recreation camp program, has added a new dimension to their game: a Monitored Remote Studies program.

Interskate 91 has shifted its recreation camp to a classroom, where kids can do their remote virtual learning in a fun, unique environment, according to a statement from the company.

“The state of Massachusetts has seen many changes lately, and back to school is also different this year,” executives said. “Most school systems have decided to offer remote learning or a hybrid of remote and in-person learning. This difficult decision has left some families scrambling for a place to send their children. Families that rely on school as a childcare source are left with a hard decision: work or stay home.”

Interskate 91 talked to families that come to summer camp and heard the need for some kind of supervision while doing schoolwork.

“Some parents are worried about where the kids will be when classes resume, and summer camps are closed,” said Rob Gould, camp director for Interskate 91 Kids Camp. “We are doing all we can to fill the need in the community and keep ourselves in touch with our customers. We have been closed for six months with no public skating. This has been a very difficult financial struggle and we need this to stay in business.”

The Monitored Remote Studies program will fall under Governor Baker’s Executive Order 49 allowing a license exemption for supervision and care for school age children. This exemption will be authorized by the State’s Department of Early Education and Care.

Springfield Technical High School to hold 6th annual Tech Every Class Homecoming in November

SPRINGFIELD – Over 70 years ago, Springfield’s Technical High School Class of 1947 started holding annual class reunions and have continued that tradition every year since. The first class reunion was held at Hotel Kimball and about 100 classmates attended.

Five years ago, the committee, which was headed up by West Springfield resident Tony DiGiore (Class of ’47), decided that in order to keep the Tech spirit alive and well, they needed to invite other Tech classes to participate in this gala event.

As event chairman, DiGiore, who is 90 years old but still has the enthusiasm and energy of a 16-year-old, came up with the clever acronym to position the challenge and get the message out to all Tech classes by renaming the annual reunion --- TECH EVERY CLASS HOME-COMING.

DiGiore said that last year, 23 different classes representing Classes from

1947 to 1984 attended the annual event.

The committee is planning to hold this year’s reunion on Sunday, Nov. 15, open to any graduate of Springfield Technical High School.

The reunion will be held subject to Massachusetts Governor Baker’s approval and safety guidelines on COVID-19 issues. Social distancing and masks will be mandatory.

The reunion will be held at Twin Hills Country Club in Longmeadow from 11 a.m. to 3 p.m. Tickets for the buffet dinner are \$38 each. Reservation deadline is Oct. 16, but seating is limited to first come first served. If the event must be cancelled, all prepayments will be refunded. For more information or reservations, call Tony-The-Tiger DiGiore at 413-739-9065 or email digiore1@comcast.net

Founded in 1905, Springfield’s Technical High School closed in 1986.

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Longmeadow-based Jeff’s Granola named Microenterprise Business of the Year

BOSTON – The Small Business Administration (SBA) has named Jeff’s Granola the 2020 Microenterprise Business of the Year for Massachusetts.

Jeff’s Granola earned the recognition for increasing sales exponentially and creating a social enterprise that gives back to the community. Jeff Greim started the company as a hobby after retiring from a career in higher education and nonprofit sectors.

“It’s a pleasure to recognize Jeff Greim for creating a brand that supports the community,” SBA Massachusetts District director Robert Nelson said. “Small businesses are such an integral part of the Commonwealth’s ecosystem and the work they do in helping to build and support vibrant communities is so worthy of recognition. We all commend Jeff’s Granola and congratulate them on their path to success and on becoming an impactful household brand!”

Since starting in 2012, Greim has established a retail division which focuses on a line of premium granolas; and a wholesale division which sells locally produced granola to public school districts for use in federally funded breakfast and lunch food programs for students.

Over the past several years, Greim has received ongoing advice and technical support from Samalid Hogan of the MSBDC Western Regional Office.

The Longmeadow-based company has donated to nonprofit organizations such as: United Way of Hampshire County, Survivor Journeys, and other charities.

“Thank you to Samalid Hogan, who nominated Jeff’s Granola for this special award. In the current climate, we need to support small businesses more

than ever and I am incredibly grateful for the Small Business Administration and their important work,” said Founder Jeff Greim. “Thank you for recognizing and sharing the news that a small business like Jeff’s Granola with a philanthropic business model can find success. I hope this inspires others to reconsider how business can not only create quality jobs, but also support community nonprofits.”

The company was nominated by Samalid Hogan, Regional Director, Massachusetts Small Business Development Center, Western Regional Office. Greim will be honored virtually at the annual SBA Massachusetts Small Business Week Awards event on Wednesday, Sept. 23. Rescheduled from May, National Small Business Week will be a three-day virtual conference from Tuesday, Sept. 22 to Thursday, Sept. 24.

ton and Sturbridge, with attorneys licensed in Massachusetts and Connecticut who provide guidance to clients in the areas of residential and commercial real estate, estate planning and administration, family law and mediation, business representation, and commercial lending.

Gove Law Office to open new office in Sturbridge

STURBRIDGE – Gove Law Office will be opening a new office location in Sturbridge. The new office, located at 135 Main Street, Suite 4, is located between Sturbridge and Southbridge centers and five minutes from the I-90 / I-84 interchange.

The new Sturbridge office will be staffed primarily by Atty. Brian Roode of Wales and paralegal Tammy Gamache of Monson, though all employees will be available to meet with clients as needed for any services.

The Gove Law Office has offices in Ludlow, Northamp-

Ferreira appointed branch manager, mortgage specialist at Westfield Bank

LUDLOW – Westfield Bank has announced that Filipe J. Ferreira has been appointed Branch Manager and Mortgage Specialist at the Bank’s Ludlow office, located at 477A Center St.

In his new role, Ferreira is primarily responsible for assisting individual consumers, small businesses, and commercial customers with deposit, credit, and electronic banking products. He is also responsible for management of branch operations, including staff development and training.

Prior to this most recent appointment, Ferreira held various branch management and mortgage lending positions with Westfield Bank and the former Chicopee Savings Bank. He is a graduate of Chicopee High School and attended American International College. He is a member of the East of the River Chamber of Commerce and serves as a Finance Committee Member of the Chicopee Portuguese American Club Scholarship Program. He resides in Chicopee.

Free COVID-19 testing extended at HCC

HOLYOKE – Free COVID-19 testing at Holyoke Community College has been extended until Sept 30.

HCC has been serving as a “Stop the Spread” drive-through testing site since Aug. 26 to help the state and the City of Holyoke reduce the spread of COVID-19. Testing was initially set to end on Sept. 12 and then extended through Sept. 30. It has been now been extended through the end of October.

Tests are being conducted outside HCC’s Bartley Center for Athletics and Recreation and administered by Fallon Ambulance in partnership with the Holyoke Board of Health and the Massachusetts Department of Public Health.

Testing is available six days a week through Sept. 30 during the following hours:

- Monday 7-11 a.m.
- Tuesday 2-7 p.m.
- Wednesday 7-11 a.m.
- Thursday 2-7 p.m.
- Friday 7-11 a.m.
- Saturday 7-11 a.m.

Testing are conducted on a first-come, first-serve basis. There are no appointments, and there is no cost for the tests and no referral is required.

Please enter campus from Homestead Avenue and follow the signs to M Lot (adjacent the Bartley Center), where in-car tests are being administered.

Turnaround time for test results is typically four days or fewer.

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Snowplowing Registration

Registration for trucks, loaders and backhoes for snowplowing in the Town of Ludlow for the 2020-2021 winter season will be as follows:

Deadline is 10/12/2020

Dept. of Public Works

Applications are on town website due to Covid-19.

Must have current registration and insurance certificate at the time of application.

Reply to: fpoole@ludlow.ma.com



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Did you know the data collected from the Census determines how over \$16 billion in federal funding will be spent right here in Massachusetts? The Census impacts your benefits, your voice in the government, housing, education, Medicare, Medicaid and more. If we do not participate, and are not counted, money that should come into our city will go somewhere else.

Your information is confidential and will not be shared with anyone else, including city and state officials. It's Quick and Easy - The Census takes just a few moments to complete.

2020census.gov

United States Census Bureau

Send your stories and photos to elinscott@turley.com

OPINION

GUEST COLUMN

Celebrating the birthday of a local legend, Johnny Appleseed

I have numerous old files from my days at Old Sturbridge Village. Occasionally I'll take a peek at some of the things I've saved. This time I was looking for a few tidbits on heirloom apple varieties, perhaps something that would work its way into a good column. It is the peak of apple season, you know. Instead I found a love story, and while this character isn't known for romance, per se, it sure makes for a good starting paragraph.

We all have heard of Johnny Appleseed. I'm not sure if we learned about him in school or if he is one of those legends that mysteriously becomes etched in our brains. In my mind's eye he is a ragamuffin of sorts, skipping to and fro across the country scattering apple seeds. I imagine how, in no time at all, the apple trees grew to be in full bloom along the cart paths, welcoming settlers as they made their way west. End of story. But who was Johnny Appleseed, and what sent him on a lifelong mission to blanket the Midwest in apple blossoms?

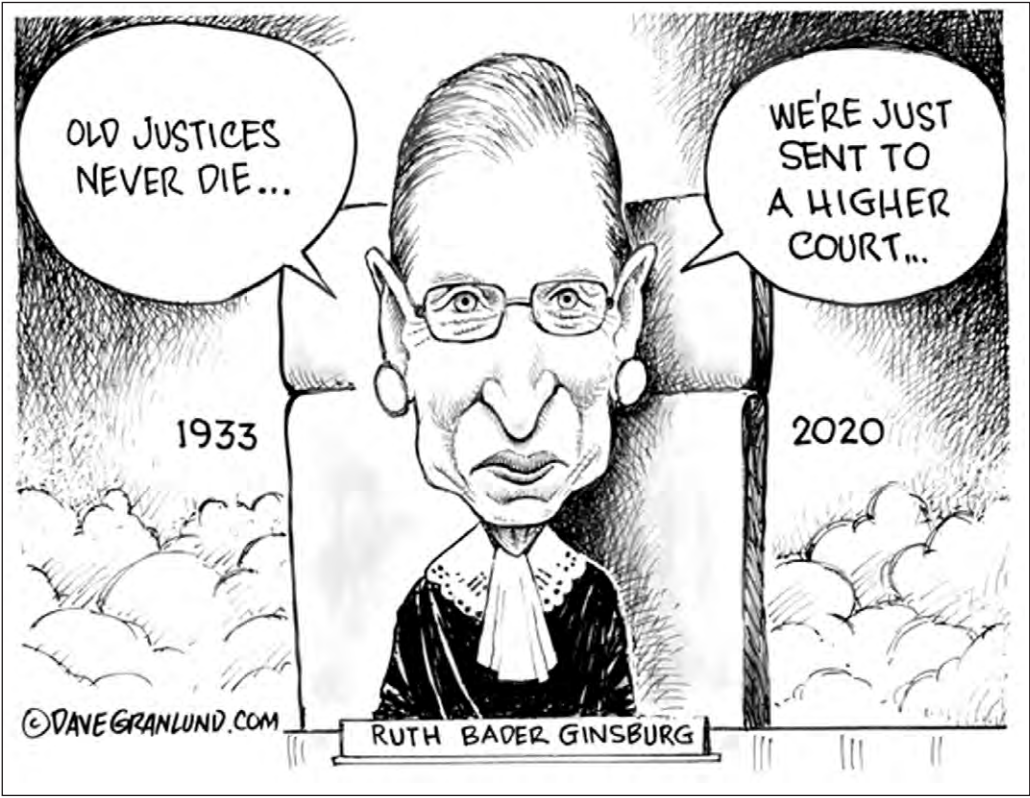
The man we call Johnny Appleseed was born here in Massachusetts in the town of Leominster on Sept. 26, 1774. He is the only person awarded 'folk hero' status here in our state. His given name was John Chapman. It is likely that John and his older sister, Elizabeth, grew up in the care of relatives after his mother's death from tuberculosis in 1776. His father was a Minuteman who fought at Concord and later a Revolutionary soldier in the Continental Army. Some accounts have John heading West as early as the age of 18, other stories claim him to be about 26 years old.

Johnny was a practical nurseryman, more skilled and calculated than my interpretation of him. He was also a good businessman and had a strong Christian faith. Together, these attributes wove John Chapman into a folk hero we know and love. With apple seeds from the cider mills in Pennsylvania in hand, Johnny cleared the woods to set up apple tree nurseries throughout the Midwest. A smart move, considering the law made new settlers plant 50 apple trees on their property during the first year of homesteading. He took payment for the trees he sold in whatever form was available (or not), whether it be in currency, old clothes or even food.

Johnny lived in harmony with nature without ever having a permanent place to call home. In his travels he befriended Native Americans, white settlers and animals, all the while preaching and living his religion peacefully. Reportedly, he knew many Native American languages well enough to converse, and had compassion for both his own and Native American cultures. Some stories make him out to be an herbal healer, as well as a greeter of new settlers with a variety of medicinal plants in hand. Fennel even became known as 'Johnny weed.' It becomes more apparent with each additional piece if research I find that Johnny's lifework was to be of service to others; at the same time he planted apple trees. Johnny Appleseed died at age 70 in Fort Wayne, Indiana. A



Please see **GARDEN**, Page 8



LETTERS TO THE EDITOR

Republican Town Committee endorses Lori Landers-Carvalho for Register of Probate

The Ludlow Republican Town Committee is happy to announce that we endorse Attorney Lori Landers-Carvalho for Register of Probate in Hampden County. Attorney Landers-Carvalho is currently the Assistant Register of Probate and the most qualified candidate for this position.

While Register of Probate is an elected position, it is not a political one. The role of the Register of Probate is to keep accurate records of the Probate and Family Court, which handles cases including divorce, child support and parenting schedules, estate administration and pro-

bate of wills, and Guardianship of Incapacitated Persons and Minors.

It is important that the person serving as Register of Probate has the knowledge, experience, and temperament to lead the office, and this is why we support Attorney Lori Landers-Carvalho for Register of Probate of Hampden County. Please join us in voting for Lori on or by November 3rd .

Sincerely,
The Ludlow Republican Town Committee

Why #ImwithChip

As a young person who deeply cares about the future of Massachusetts, I know the only real solution to getting anything done is bipartisanship. Nothing can get done if Republicans do this and Democrats block that, or vice versa. I support Chip because he doesn't let partisanship stop him. He will work across the aisle to get things done, things that genuinely benefit not only our district but the entire state. I want my representative to work with all sides to provide a solution.

As a high school Junior, education is something very important to me and I believe that Chip is the best person to cause change on this important issue. Chip is a problem solver. He doesn't get distracted by petty politics, he focuses on the solution. Chip will bring a logi-

cal, and clear-minded approach to solving real problems facing our community. I can undoubtedly say that by voting for Chip, you are electing a passionate, experienced, and hardworking person whose only goal is to make our district a better place. His ideas are practical, affordable, and cause real change. Even though I can't vote yet, I urge everyone reading this, that as a young person, Chip offers solutions that secure our opportunities for successful futures, while simultaneously fixing our present problems. This is why #ImwithChip, and I hope you will join me in creating a successful future for our district.

Malcolm Mahoney,
Pope Francis Preparatory School Junior

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Ludlow Register, please email ludlowregister@turley.com.

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The REGISTER

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All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

Send letters to: The Register, 24 Water Street, Palmer, MA 01069 or email rwirth@turley.com. The deadline for submissions is Friday at noon.

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Readers, local merchants, institutions, municipalities, non-profit groups, and civic organizations are strongly encouraged to send The Register your hometown news and photos. News items and press releases should be sent via email to rwirth@turley.com as an attachment AND pasted directly into the email message screen.

Please send photo captions identifying all subjects in your image(s) from left to right.

We need first and last name, hometown, title if applicable, and a brief description of what subjects are doing in the photo. Email uncorrected, raw, RGB color digital photos at highest resolution directly off your camera to rwirth@turley.com.

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PATRICK H. TURLEY
CEO

KEITH TURLEY
President

EDITOR
Elise Linscott
ludlowregister@turley.com

STAFF WRITER
Jonah Snowden
jsnowden@turley.com

ADVERTISING SALES
Lisa Marulli
lmarrulli@turley.com

SPORTS EDITOR
Greg Scibelli
sports@turley.com

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IN THE CLASSROOM

STCC names Andrew Durand of Ludlow to instructor position

SPRINGFIELD – Springfield Technical Community College announces the hiring of new instructors, professors and academic staff, including Andrew Durand of Ludlow who was appointed instructor for Energy Systems Technology.

He has been an HVAC mechanic at STCC since 2014. Previously, he worked for RK Solutions of Western Mass as a sheet metal apprentice. At STCC, he has been responsible for maintenance, repair and upgrade of Campus HVAC and mechanical systems.

Since 2017, Durand has taught Energy Systems and the accompanying lab as an adjunct for STCC. He has developed course material and has been able to provide students with best practices and topical information about the field given his applied knowledge. Durand holds several certifications.



Western New England University to host Undergraduate Open House

SPRINGFIELD – Western New England University will host high school students and their parents in a virtual open house on Sunday, Sept. 27, from 10 a.m. to 12 p.m. The event is free, but advanced reservation is required by visiting the Undergraduate Open House website at <https://www1.wne.edu/become-a-student/visit/plan-your-visit.cfm> or calling the Admissions Office at 413-782-1312.

Assistant Vice President for Enrollment Management and Retention and Dean of First Year Students Kerri Jarzabski will lead guests on a live virtual tour of the campus, introduce them to the University's new President, Dr. Robert Johnson, and show them what life is like as a Golden Bear. Along the way, prospective students and their families will learn about academic opportunities within the Colleges of Arts and Sciences, Business, and Engineering; our new 4U Advising Program and options for Ac-

ademic Support; living on campus and commuting; student activities; athletics, and more.

"I am so excited to have a chance to meet our prospective students at this event," said Jarzabski. "Even though we are not able to have large numbers of students on campus, I am confident that those that attend will get a true sense of the Golden Bear spirit that exists on our campus."

To wrap up the event, Dean Jarzabski will host a live panel with student leaders, where guests will be able to ask questions directly to students. After the formal event, prospective families will be able to join academic break-out sessions, watch a video overview, and join a Zoom session for each college.

For a complete list of 2020-2021 Virtual Open House dates and times visit <https://www1.wne.edu/become-a-student/visit/plan-your-visit.cfm>.

HCC fall session II classes start Sept. 28

HOLYOKE – For those who missed the traditional, early September starting date for fall classes, or may have needed more time to decide, Holyoke Community College has a second session of full-credit classes beginning Sept. 28.

HCC introduced two "Flexible Fall" start dates this year to accommodate people as they adjust to the ongoing COVID-19 pandemic: Sept. 28 and Oct. 28.

Sept. 28 start classes run for 12 weeks. Oct. 28 start classes run for seven. All fall courses will conclude by Dec. 16, 2020.

The accelerated "Flexible Fall" courses are being offered in accounting, anthropology, biology, business administration, career readiness, communication, education, economics, English, health, math, psychology, sociology,

and sustainability.

All HCC classes this fall are being offered in one of three formats: online, blended remote, and blended face-to-face.

Online courses follow a traditional, asynchronous online model with coursework deadlines established by instructors.

Blended remote courses have both asynchronous online components combined with real-time class meetings via video conference platforms such as Zoom.

Blended face-to-face combines blended remote with some in-person instruction on campus.

For more information or to enroll, please visit: hcc.edu/fall, call 413-552-2321 or send an email to admissions@hcc.edu

STCC to hold fall virtual Open House

SPRINGFIELD – Springfield Technical Community College will hold its annual fall Open House on two dates: Oct. 14, 10 a.m. - 12:30 p.m., and Oct. 15, 1 p.m. - 3:30 p.m., in a virtual format.

High school students, adult learners and their family members can log in to Zoom and meet virtually with representatives from the college's degree and certificate programs and departments. For information about registering to attend the virtual event, visit stcc.edu/apply/open-house.

Open to the public, STCC's Open House is an ideal opportunity for anyone thinking about becoming a student to learn more about what the college has to offer, such as:

- Associate Degree and Certificate Programs
- Transfer Opportunities
- Financial Aid
- Athletics and Student Life
- Online learning
- Workforce training options
- High school equivalency exam (HiSET)
- English language learners (ELL) classes

Representatives from programs and departments will hold breakout sessions to

speak with anyone who joins.

Dean of Admissions Louisa Davis-Freeman said the Open House at STCC is an excellent opportunity to find out about programs and speak with instructors and professors. The Open House at STCC in past semesters has been held on campus but will be offered virtually this year to keep everyone safe during the COVID-19 pandemic. Responding to safety concerns, STCC offers online classes with a mix of low-density on-campus labs for health, science and technical programs.

"I encourage all prospective students-whether you're in high school or a returning adult-to log in to Zoom and learn more about STCC," Davis-Freeman said. "We're affordable and accessible and our career programs will prepare you to join the workforce upon graduation. We also have many transfer programs and our graduates continue their educational journeys at colleges and universities throughout the United States."

For more information, contact the STCC Admissions Office at 413-755-3333 or email admissions@stcc.edu. To apply to STCC, visit stcc.edu/apply. STCC is accepting applications for Fall Flex Term 2, which starts Oct. 28, and for the spring term which begins in January.

Marisa Mentekidis of Ludlow joins cohort of new Lasell University students

NEWTON – Marisa Mentekidis became a new student at Lasell University this fall. Mentekidis, a resident of Ludlow, will study Hospitality Management.

More than 370 new students joined

the Lasell community in September for the fall semester. New and returning students were given a choice to study in residential, commuter, or fully online settings to accommodate their preferences during the pandemic.

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STCC Dental Hygiene clinic makes adjustments during COVID-19

SPRINGFIELD – The Dental Hygiene clinic at Springfield Technical Community College is still offering relatively low-cost cleanings and examinations, but has made adjustments to ensure safety during the COVID-19 pandemic.

The clinic on the campus of STCC this fall is open to patients Monday, Tuesday, Thursday and Friday, 8:30 a.m.-11:30 a.m., and 1 p.m.-4 p.m.

STCC will offer four more clinics than usual during the fall semester to allow for social distancing, said Meg Loadholt,

a Dental Hygiene associate professor. The college also reduced the maximum number of people allowed in the clinics. There will be fewer students, patients and faculty during each session.

Dental hygiene students, under the direction of licensed dental hygienists and dentists, provide all the treatment as part of their training.

Patients who enter the main lobby of Building 20, where the Dental Hygiene program is housed, must stop at a check-point to get their temperature

taken and complete documents providing details about their visit to campus, among other protocols.

If screeners determine there is no risk in allowing them into the building, patients can proceed to the clinic using the main stairway. Patients can use the elevator, but only one person at a time will be allowed.

“To prevent the transmission of COVID-19 and any other pathogenic organisms, the Dental Hygiene clinic will continue its high degree of sterilization and disinfection practices,” Loadholt

said. “Specific to COVID-19, both faculty, staff, and students will wear level 3 surgical masks with face shields.”

Some procedures that pose a risk of spreading the novel coronavirus have been suspended. For example, students will not use ultrasonic scalers, which emit a fine mist, or aerosol. In addition, students will not polish patients’ teeth because the process creates a great deal of splatter.

The Dental Hygiene clinic is accepting new and returning patients.

“Many of our patients had

their treatment interrupted and left incomplete during the month of March when the campus closed,” Loadholt said. “For those individuals, our front desk staff is attempting to contact them to determine if they’d like to schedule an appointment to continue their treatment. Since they have already paid the fee, they will not be required to pay again.”

To make an appointment, call (413) 755-4900. For more information about rates and services offered, visit stcc.edu/info/dental-care.






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GARDEN from Page 6

monument marks his gravesite.

So what about the love story? From all accounts Johnny Appleseed traveled alone. A yellowed newspaper article stashed away in my file may give hope that Johnny’s journey didn’t start out that way. The story goes that John Chapman was to be married to Sarah Crawford. Instead, the day set aside for their wedding became the day of her funeral. She was buried in her wedding gown. A bouquet of apple blossoms was to have been her bouquet. Johnny, overcome with grief, decided to go forth and make a monument for his beloved; he would blanket the land in her favorite flower. Fact or fiction, I can’t be sure. Perhaps it is another writer’s attempt to put a fairy tale beginning on a legendary life. The romantic in me hopes it to be true!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with “Gardening Question” in the subject line.



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SPORTS

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Away fans not allowed at high school games

Limited attendance will be allowed at most high schools

By Gregory A. Scibelli
gscibelli@turley.com

REGION – High school athletes returned to the field for tryouts last Friday. The tryouts will continue into this week with games set to begin at the end of next week.

Nearly all of the schools in Western Massachusetts, specifically in and around the Pioneer Valley will be full participants in the Fall 1 season, which will feature all of the fall sports with the exception of football, cheerleading, and unified basketball. There are some schools that have opted to defer moderate risk sports like girls volleyball and soccer to the Fall 2 season in late February. While student-athletes will have the opportunity to be

playing games after a six-month layoff from most activity, fans will only be allowed to have limited participation. David Stratton, a member of the board of directors for the Pioneer Valley Interscholastic Athletic Conference, said the PVIAC has issued guidance and agreed that all schools in the membership will only allow for home fans at games to begin with. Stratton said it will be up to the individual schools to govern

how the crowds will be controlled, but all schools are only allowed to host fans for their own team. Those crowds will be limited to just 50 people, per the current outdoor guidelines set by Gov. Charlie Baker. In many cases, players on individual teams will be given a limited number of passes, likely ranging from 1 to 3 per person, and that player will be allowed to give those passes to family or friends to attend the game. Fans

who attend the games must socially distance, stay away from the participants, and wear face coverings in order to watch the games. There also could be restricted areas for seating at game sites. Those fans will not be permitted to travel to away games and will be turned away by other schools. There are a few schools, ei- Please see **HIGH SCHOOL**, Page 10

Help feature your student athletes

By Gregory A. Scibelli
gscibelli@turley.com

The fall season is starting and Turley Publications is looking forward to getting back out on the field to bring you the high school action for all your favorite teams. We know this fall season is important to many senior athletes, who watched Class of 2020 lose their entire spring season. We're asking for help on this upcoming season in order to bring the best coverage we can possibly manage and fill our pages with names and color. We know that fans will be limited to the home crowds, but that is where you all come in. We have a limited number of staff to start the school year due to the pandemic, and while we strive to get to as many games as possible, we cannot get to everywhere. If you are a parent, coach, or even player, and you have information or photographs to share, we definitely want to hear from you. If you don't see one of our photographers at a game, please feel free to send your own action photos of games in order to bolster our coverage. If you are interested in regularly submitted photos, please do contact us. Otherwise, we would love to hear from anyone who reports scores, details, and any milestones that occur during this unprecedented season. Please be sure the information you provide us is accurate and check with coaches, if necessary, before submitting. We also encourage all coaches to submit their results and details as much as possible. Send any and all information and photos for inclusion to sports@turley.com.

REGIONAL SPORTS RETURN



Photos by Gregory A. Scibelli
Youth soccer in the Roots Athletic League got underway with action starting Saturday, Sept. 19. Teams from Granby, Southwick, Agawam, Belchertown, South Hadley, and Wilbraham were all in action through the Pioneer Valley. With all sports restarting with limited action, Turley Publications welcomes any and all information about whatever sports your youth are participating in. Please submit photos and games results or other information to sports@turley.com.



Robie clinches modified title, other crowns up for grabs

WINCHESTER, N.H. – Trevor Bleau (Troy, NH) won the race Saturday night at Monadnock Speedway that had eluded him all season. But, while Bleau won the battle, Brian Robie won the war. With Robie's strong third-place outing in Saturday's NHSTRA Modified main event, the Sunapee star clinched the 2020 track title. The speedway's other four divisional crowns, however, will all wait to be decided on the final day of the season. Bleau, the runner-up a week earlier, was one of three first-

of-the-season feature winners Saturday. On the fourteenth event of the summer, Emerson Cayer (Contoocook, NH) and C.J. Johnson (Keene, NH) also earned their first victory laps of the year. While Cayer made easy work of scoring Saturday's 50-lap NHSTRA Battle for The Belt Mini Stock feature, Gordon Farnum – a six-time 2020 feature winner – cruised quietly to a fifth-place finish and, Please see **RACING**, Page 10



Submitted photo
Belchertown's Chris Buffone captured the street stock event.

HIGH SCHOOL
 from Page 9

ther due to staffing, field configuration, or other factors, that are not allowing any fans at all to games. Ware confirmed last Thursday there will be no fans allowed at games to start the fall season. The Ware Athletic Department is hopefully to develop a plan as the season progresses so some fans can be welcomed back to fields.

The rules will be in place for at least the fall season, and Stratton said unless a specific school makes a more stringent restriction, a limited number of fans will be allowed indoors to watch volleyball games as well.

Stratton said participants in the contests, such as players, coaches, and officials, do not count toward the 50 restriction for gatherings.

The MIAA has set an Oct. 1 date for the start of games. There will be approximately 10 to 12 contests for soccer, field hockey, and girls volleyball, allowing parents approximately 5 to 6 chances to see games this season.

Parents and athletes should check with their specific high school's athletic department for details on that school's fan rules.

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RACING
 from Page 9

with it, the championship of the multi-track Belt series.

Cameron Houle and Bleau raced under a blanket for the first ten laps of the Modified go-round, with Bleau then using the low groove to take command and never look back. Ben Byrne, needing desperately to make up big ground on Robie, got up for second on lap 25 but had nothing more for Bleau.

Robie, charging from row five, swiped third from Houle on the final corner of the 40-lapper; more than enough to clinch the 2020 Modified crown. He is currently fourth nationally in NASCAR Division 1 points.

Eleven-time LMS winner Aaron Fellows left Saturday's feature on the hook before a lap had been completed, the victim of someone else's blunder. That gave Robert Hagar (Windsor, VT) a chance to close the championship points battle entering the season finale, and Hagar took full advantage of the opening.

Hagar stormed past Justin Littlewood on lap two and roared off to his second win of the summer. Teen star Camdyn Curtis equaled his season's best in the runner-up slot, and Littlewood came home third.

In the Mini Stock 50-lapper, Cayer took the lead from Nathan Wenzel on lap 12 and quickly social-distanced himself from the pack to score his first Monadnock win of the summer. Louie Maher, the 2019 track tittlist, was second, but had nothing for Cayer. Wenzel, strong in



Trevor Bleau was a winner in the modified race, his first win of the season.

third, went home 20 points behind Farnum.

Jeff Asselin, seventh on the night, stayed out of trouble to leapfrog Jake Puchalski for top 2020 Mini Stock rookie honors, taking a two-point advantage in that competition into next Saturday's season finale. Gordon Farnum (Fitzwilliam, NH) won the 2020 Mini Stock Battle for the Belt Championship.

The hard-charging Curtis twins, Jaret and Chase, came into Saturday's Street Stock feature tied atop the points parade. Number three man Chris Buffone (Belchertown, Ma) needed a statement run to keep his championship hopes alive, and he accomplished exactly that.

Rocketing into the lead on lap two, Buffone sailed to his third win of the summer, getting the job done with his uncle, Tommy O'Sullivan, glued to his bumper. Last season's top gun, Dave Greenslit, was strong in third and, at the end of the night, Chase Curtis went home two

points ahead of brother Jaret, with Buffone still in the hunt, 28 back.

Firing from row three, C.J. Johnson took control of the Pure Stock feature on lap three and then checked out on the field to score his first win of the summer. Chris Davis, needing to make big inroads on points leader Mike Douglas, took second on lap five but, with Douglas quickly pulling up to his bumper, could make only a minimal gain.

Douglas enters next Saturday's Championship Night event 36 points ahead of Davis, who, still mathematically alive in the title hunt, is the only 2019 champion capable of repeating that success.

Monadnock Speedway will conclude its pandemic-abbreviated 2020 racing season when it hosts its annual Championship Night races – with four divisional crowns still undecided, and many extras scheduled - next Saturday, September 26. Post

time for that event is 2 p.m.

**MONADNOCK SPEEDWAY
SEPTEMBER 19 RESULTS:**

Pure Stocks - CJ Johnson, Chris Davis, Mike Douglas, Dylan Adams, Jimmy Zellman, Cory Lofland, JD Stockwell, Nick Houle, Jake Bosse, Jason Leray, Tucker Houle, Ryan Lawliss, Matt Lambert, Trevor Carey, Brandon Lavoie

Late Model Sportsman - Robert Hagar, Camdyn Curtis, Justin Littlewood, John Meany, James Beck, Nancy Muni-Ruot, Chris Balls, Cole Littlewood, Dan Comeau, Ronald Laperche, Aaron Fellows, Tyler Lescord (DNS)

Mini Stocks - Emerson Cayer, Louie Maher, Nathan Wenzel, Kevin Cormier, Gordon Farnum, Pat Houle, Jeff Asselin, Tim Leblanc, Bill Chaffee, Jake Puchalski, Kevin McKnight, Ray King, Dan Sweeney, Kevin Clayton, Matt Sonnhalter, David Thibodeau (DNS)

Mini Stock Battle for the Belt Champion - Gordon Farnum

Street Stocks - Chris Buffone, Tommy O'Sullivan, Dave Greenslit, Mike Radzuik, Chase Curtis, Jaret Curtis, Hillary Renaud, Ed Brehio III, Robbie Streeter, Tim Wenzel, Bryan Granger, Paul Barnard (DNS)

NHSTRA Modifieds - Trevor Bleau, Ben Byrne, Brian Robie, Cameron Houle, Brian Chapin, Russ Hersey, Todd Patnode, Matt Kimball, Kim Rivet, Scott MacMichael, Solomon Brow, Andy Major, Eric Leclair, Kevin Pittsinger, Jason Houle, Brad Zahensky, Cory Plummer

Send Us Your Holiday Event Information

Turley Publications
 will print
 your holiday
 calendar listings
FREE OF CHARGE
 in our
 Holiday Dazzler
 Supplement which
 publishes Nov. 18th.

Deadline for submissions is
October 22nd.

Community Holiday Events

Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name _____
 Date/Time _____
 Location _____

 Description _____

 Cost _____
 Contact name & phone number for more information _____

Please specify if you would like your name and number printed in the paper.

CLIP OUT AND MAIL TO:
Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069
or email* them to: jamie@turley.com
***Be sure to indicate "Holiday" in the subject line of your email.**

OBITUARIES

DEATH NOTICES

Almeida, Acacio J.
Died
September 18, 2020
Mass celebrating life
September 25 at
10 a.m.
Christ the King
Church, Ludlow

Dias, Suzanne
Died
September 17, 2020

Lebel, John E.
Died
September 6, 2020
Private Funeral
Services

**Zucco
(Karaskiewicz),
Josephine**
Died
September 17, 2020

The Ludlow Register
**OBITUARY
POLICY**

Turley Publications
offers two types of
obituaries.

One is a free, brief
Death Notice listing
the name of deceased,
date of death and
funeral date and place.

The other is a **Paid
Obituary**, costing
\$120, which allows
families to publish
extended death notice
information of their
own choice and may
include a photograph.

Death Notices & Paid Obituaries

should be
submitted through a
funeral home to:
obits@turley.com.

*Exceptions will be made
only when the family
provides a death certificate
and must be pre-paid.*

Acacio J. “Casey” Almeida, 82

LUDLOW - Acacio J. “Casey” Almeida, 82, passed away on Friday, Sept. 18, with his loved ones by his side. Casey was born in Ludlow to Domingos and Maria Almeida and was the youngest of 10 children. A lifelong resident Casey worked as an electrician with IBEW Local #7. He was a beloved member of the Dante Club in West Springfield for over 40 years. He loved playing racquetball and golf with his many friends. Anyone fortunate enough to know Casey, knew that he would drop everything to help someone in need. There wasn’t anything or any problem that he could not fix. His greatest joy was his family. He and his wife Mary were beyond blessed to have been married for 62 years and together for 65 years, and the love they shared was unlike any other. The world lost a truly great son, brother, husband, father, grandfather, and friend. Casey touched the hearts of many with his constant acts of kindness, leaving countless smiles along the way. He was loved by all that knew him. His favorite quote was, “When you have the love of family, you have it all.”



Casey’s memory will live on through his loving wife Mary Almeida of Ludlow, his son Kevin Almeida of Ludlow, his daughter Karen Almeida of Hollywood, Fla., his beloved granddaughter Alexa, his sister’s Margaret Mathias and Amy Kania, along with several nieces, nephews and countless friends.

Casey was an angel on earth and will continue to be in his next life as he is now reunited with his parents and siblings Mary, Julie, Tony, Virginia, Gussie, Joey and Jerry in heaven.

Family and friends are invited to attend a Mass celebrating Casey’s life on Friday, Sept. 25 at 10 a.m. in Christ the King Church, Warsaw Ave., Ludlow, MA. Burial will be at the convenience of the family. Casey’s family will hold a gathering to celebrate his life at a later date. In lieu of flowers, memorial donations may be made to Greyhound Options, 43 Sczygiel Road, Ware, MA 01020 or Shriner’s Hospital 516 Carew St., Springfield, MA 01104. Kapinos-Mazur Funeral Home is in charge of arrangements. For more information please go to www.kapinosmazurfh.com.

Josephine (Karaskiewicz) Zucco, 83

LUDLOW - Josephine (Karaskiewicz) Zucco, 83, of Ludlow, passed away on Thursday, Sept. 17, surrounded by her loving family. Born in Ludlow on March 19, 1937, she was the daughter of the late Michael and Anna (Kargol) Karaskiewicz. Josie attended the former Springfield Technical High School. She worked at Ligget’s Drug and U.S. Envelope and then devoted her life to raising her family. She was a communicant of Christ the King Church in Ludlow. Josie loved bingo and her trips to Foxwoods and Mohegan Sun. She especially enjoyed watching college football and basketball and was a fan of the New York Jets. Josie’s favorite times were those spent with family and friends.

Josie is survived by her beloved husband of 59 years Don-



ald Zucco of Ludlow; her sons James Zucco of West Warren, Richard Zucco (Kathleen) of Ludlow and a daughter Jennifer Karelakas (Peter) of Belchertown. She also leaves her beloved grandchildren James, Nicholas, Nathan, Kyle and Elizabeth. The youngest of eight children, she was predeceased by her siblings: Henry, Eddie, Stanley, Rudy, Mitchell, Louise and Helen.

Family and friends were invited to gather for Josie’s funeral Mass on Saturday, Sept. 19, 2020 at 10:30 a.m. in Christ the King Church, followed by a burial in St. Michael’s Cemetery. In lieu of flowers, donations in Josie’s memory may be made to Christ the King Church, Warsaw Ave., Ludlow, MA 01056. For more information please go to www.kapinosmazurfh.com.

Suzanne Dias, 64

LUDLOW - Suzanne Dias, 64, passed away on Thursday, September 17, 2020. Daughter of Lorraine (Williamson) Ney and the late Horace Dias, she was born in Ludlow on December 14, 1955. Suzanne attended Ludlow Schools and worked for many years at the family’s Five Acre Farm.

Suzanne loved spending time with her children, in her gardens, creating art and celebrating life with live music.



In addition to her mother, Suzanne is survived by her children William Randall with Karla Kupiec; Stephanie Randall with her husband Alex Leach; Valerie Randall Nichols with her husband Cory and their daughter Tiffany. She also leaves her siblings Larry Dias, Hayley Babineau with her husband Mark of Ludlow and Renee Sirois with her husband David of Feeding Hills, as well as several nieces and nephews.

John E. Lebel, 60

LUDLOW - John E. Lebel, 60, of Ludlow, passed away on Sunday, Sept. 6. Son of the late Lucien and LaPrensa (Myers) Lebel, he was born in Panama on December 17, 1959. John proudly served his country as a member of the U.S. Army.

John is survived by his children: Nicholas Lebel of Monson, Lauren Lebel of Chicopee, Rachael Lebel of Enfield, Conn. and Emily Lebel of Monson. He also leaves his brothers Michel Lebel (Penny) of Ludlow and Leonard Lebel of Indian Orchard; his sisters Mary Morcavage (Michael) of Ludlow

and Janice Pizzi (A. Michael) of Peyton, Colo. as well as two grandsons, Grayson and Gavin. In addition to his parents, he was predeceased by his brother, Kenneth Lebel.

John’s siblings would like to thank his nieces and nephews Danielle Morcavage, Brian and Danielle Lebel, Dave and Kendra Dominique and John Morcavage for their extra care and help.

Private funeral services, with Military Honors will be held at the Massachusetts Veterans Memorial Cemetery at a later date. For more information please go to www.kapinosmazurfh.com.

New CDC survey identifies COVID’s effects on mental health

September is National Suicide Prevention Awareness Month

SPRINGFIELD – When we talk about the symptoms of COVID-19, trouble breathing, fever, headache, loss of taste and smell, and cough are just a few that readily come to mind. Whether or not you are personally infected with the virus, it is important to recognize the serious impact of the pandemic on behavioral health in the community including the risk of depression, anxiety, substance use disorders, and suicide.

September is National Suicide Prevention Awareness

Month, and in advance of the annual healthcare observance, the U.S. Centers for Disease Control and Prevention (CDC) has released a new survey that found increased levels of symptoms of anxiety and depressive disorders, substance use and suicidal ideation among adults. The survey also identified populations at increased risk, including young people, racial and ethnic minorities, essential workers and caregivers of adults.

“Social distancing and isolation during the pandemic has resulted in extreme loneliness for some people, especially the elderly, who may already be

Please see **COVID**,
Page 15



Sympathy Floral Arrangements

CUSTOM & TRADITIONAL DESIGNS
Randalls Farm & Greenhouse
631 Center Street, Ludlow
589-7071 ~ www.randallsfarm.net



**Cemetery Memorials • Markers
Granite Benches
Religious Statuary • Outdoor Display**

RAY HALUCH INC.
1014 Center St | Ludlow, MA | 583-6508

BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Ludlow Register, please email ludlowregister@turley.com.

A TURLEY PUBLICATION
www.turley.com

The Library Loft

Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

We are celebrating our
20th year at the Schoolhouse Commons.

Thanks to our wonderful “friends,” volunteers and patrons.

HOURS:

Tues. 10am - 4pm • Wed. 10am - 4pm
Thurs. 10am - 4pm • Fri. 10am-4pm

HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours. Please, no magazines or Reader's Digest Condensed Books. We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



DATEBOOK

ONGOING

THE MICHAEL J. DIAS FOUNDATION sponsors a support group for families and friends whose loved one is affected by an alcohol/substance use disorder. The group meets every Tuesday from 6:30 to 7:45 p.m. at Healthsouth, 222 State St., Ludlow. All are welcome! If you have any questions, call Maureen at 413-563-6226.

LUDLOW SENIOR CENTER 55 AND OVER VOLLEYBALL LEAGUE will be held at East Street School on Tuesdays and Thursdays from 5-8 p.m. The cost to take part is \$20 per year. For more information contact the Senior Center Activities Director at Activity@ludlow.ma.us or 413-583-3564 ext. 1310.

WESTERN MASS RELICS SENIOR SOFTBALL LEAGUE. Slow pitch with two divisions (50-plus and 65-plus). All games played at the Ludlow Fish & Game Club from May to Labor Day. Registration forms and information available at www.wmassrelics.com.

QUABBIN VALLEY TWIRLERS If you missed the first lessons in the fall, now is the time to give yourself a gift of dancing enjoyment for the coming holiday time. Do you want some exercise, mental acuity, and lots of fun with great people? Try our national folk dance, square dancing with the Quabbin Valley Twirlers. They dance in Belchertown and Ludlow with Sunday and

Wednesday evenings available. For more information, call Gloria or Fran at 413-467-3352.

BIBLE STUDY: A weekly Bible study led by Ludlow resident Hank Bastos takes place Wednesdays at 7 p.m. at 485 East St., Ludlow. Call 413-348-6487 for more information.

SHARE YOUR SIGHT. Volunteer to read, shop or walk with a blind or vision impaired person in your community. Call the Massachusetts Association for the Blind and Visually Impaired at 1-888-613-2777 for details.

EVENTS

FROZEN PIEROGI, GOLABKI, AND KAPUSTA will be available for sale at Immaculate Conception Church Hall, 25 Parker Street, Indian Orchard, before and after 5:30 pm Mass on Saturday, Sept. 26 and before and after the 10 a.m. Mass on Sunday, Sept. 27.

UKRAINIAN DINNER: Sts. Peter and Paul Ukrainian Catholic Church, 45 Newbury St., Ludlow, will hold its 5th annual Ukrainian Dinner on Saturday, Oct. 24 from 4 – 6 p.m., curbside pick-up only. Enjoy pierogi, holubtsi (stuffed cabbage), kapusta, kielbasa and borscht. The cost is \$15. To reserve dinners, please call or text 413-219-2126. Check us out on Facebook.

ST. ELIZABETH: NEW this year, add on to any

order six chicken breast strips for \$5.

On Oct. 1st, meal choices are chicken or egg-plant Parmesan, pasta, salad and a roll.

Support the St. Elizabeth Youth Ministry and feed your family a healthy and delicious meal by ordering from our monthly Drive Thru Dinners. Cost for each dinner is \$8 or a family meal deal for \$28. Checks can be made out to the St. Elizabeth Youth Ministry. Simply call Lisa at 413-459-7435 or email lsaloio@stelizabethludlow.org with your meal choice. Meals can be picked up at the SJB Pastoral Center from 4 to 6 p.m.

Editor’s note: As towns, schools and clubs continue to assess the threat posed by coronavirus, many are making the decision to cancel or postpone their public events, often with little notice.

The Register will inform readers about cancellations when known and when the newspaper’s weekly deadline will permit, but readers should be aware of the possibility that events featured in the printed newspaper, including those previewed in stories, briefs and on the calendar page, may be canceled without enough notice to print an update. The Register encourages readers to contact event coordinators and organizers to confirm that it is still taking place before attending.

TRIPS

The following trips are being offered by Jim Martin:

In 2021: Sicily (Apr. 17-26); Portugal with the Azores & Madeira (May 22-June 3); Vermont (July 26-29); L.A., San Diego & Palm Springs, (Sept. 8-15); and South Africa with Safaris (Oct. 14-26 & Oct. 26-Nov. 7). In 2022: Danube River Cruise with the Oberammergau Passion Play (May 16-26).

For more information, call (413) 583-6339 or email jameslmartin47@gmail.com.

POLANIE CLUB TRIPS

For information and reservations on any of the following trips, please call Loretta @ 413-592-7350, Stacy @ 413-593-1172, or Dianne @ 413-214-3822.

Trips depart from Sztot Park, Chicopee and Stop & Shop, West Springfield. Make payments to LORETTA GOYETTE 582 E. Main St. Chicopee, MA 01020

Please note: The upcoming Cruising Gloucester Harbor and Edwards Twins trips have been canceled.

UNCHAINED MELODY on September 22, 2020 has been canceled.

A BOB HOPE USO STYLE TRIBUTE on Thursday, November 12, 2020, has been canceled.

Eastern States Exposition launches virtual marketplace of Big E vendors, Sept. 18 – Dec. 31

Eastern States Exposition has launched The Big E Marketplace – a webpage that helps connect its fairgoers to their favorite vendors where they can shop for the goods and services that make the Fair experience unique and exciting. The Marketplace launched on Friday, Sept. 18, which would have been Opening Day of the 2020 Big E, and will operate until December 31.

“It brings me great pleasure to provide our fairgoers with a platform that will connect them to their favorite Big E products,” ESE president and CEO Gene Cassidy said. “It is our hope that The Big E Marketplace will provide our national, international and “mom-and-pop” vendors with the support that they need to return to the 2021 Big E Sept. 17 – Oct. 3.”

Fairgoers will access The Marketplace by visiting www.TheBigE.com and clicking on the icon that will open the “door” to their favorite vendors. Participating businesses are listed by location – Better Living Center, Craft Common, Outdoor Exhibitors, State Buildings, Young Building and Ireland’s Dingle Peninsula Showcase. Vendors who opted to be part of our Marketplace are included.

The Marketplace is this year’s home away from home for more than 120 of our Big E Vendors. As an example, customers who are hoping to find their favorite steam mop, Western gear or soy candle can click on the Better Living Center. Those who are searching for the perfect gift for a friend or family member can access participating Crafters where they’ll find hand blown glass, homemade ornaments, mittens and more.

Take a virtual trip across the pond to Ireland through the Marketplace where you can visit all your favorite companies that comprise The Big E’s Ireland Dingle Peninsula Showcase.

When a customer clicks on a desired location, it will bring them to the Exposition’s list showing all the participating vendors that are in that location as well as a link to their website, product description and social media pages. If a business does not have a website or social media page, contact information is provided.

Church DIRECTORY

CHRIST THE KING CHURCH

41 Warsaw Ave., Ludlow
413-583-2630

Pastor Rev. Raymond A. Soltys

Saturday Vigil Masses – 5 p.m. and 6:30 p.m.

Sunday Masses – 7:30 a.m.; 8:45 a.m. (Polish);
10 a.m. and 11:15 a.m.

Sunday Evening Mass – 5:30 p.m.

IMMACULATE CONCEPTION CHURCH

25 Parker St., Indian Orchard
413-543-3627

Pastor Rev. Jeffrey Ballou

Hours are 8:30 a.m. to 3:30 p.m.,

Monday through Friday

Sunday Mass – 8 a.m. (English)

10 a.m. (Polish/English)

5 p.m. (English)

Morning Masses (Monday through Saturday) 8 a.m.

Saturday Vigil Mass – 4 p.m. (English)

Vigil Mass on Holy Days of Obligation – 7 p.m.

Holy Day of Obligation Masses – 8 a.m. and 7 p.m.

OUR LADY OF FATIMA PARISH

438 Winsor St., Ludlow
413-583-2312

Father Vitor Oliveira

Sunday Masses – 9 a.m. (Portuguese);

11 a.m. (English)

Monday and Wednesday Morning

Masses – 8:30 a.m. (Portuguese)

Tuesday and Friday Masses – 5:30 p.m. (Portuguese)

Saturday Vigil Mass – 4 p.m. (English)

First Saturday of the Month – 8:30 a.m.

For more information, visit

ourladyoffatimaparish.org.

FAITH COMMUNITY CHAPEL

485 EAST ST. LUDLOW, MA 01056
413-583-7875

www.faithcommunitychapel.org

email: faithcommunitychapel8@gmail.com

Pastor Jon P. Scott

Sunday School 9:30 a.m.

Fellowship 10:30 a.m.

Worship Service 11 a.m.

Sunday Services:

9:30 a.m. Sunday School for all ages

10:30 a.m. Fellowship with coffee and donuts

11 a.m. Worship Service

See Faith Community Chapel Facebook for updates.

Wednesday 7 p.m.

Ludlow Christian Fellowship

Bible Study: Hank Bastos, Leader

Call: 413-348-6487 for more information

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

584 West St., Ludlow

413-583-8454

S Sunday services

Sacrament Meeting 10- 11 A.M.

Sunday school for adults, Young single adults(18-30)

and teens (11-18)- 1st & 3rd Sunday of

the month from 11-12 noon

Adult Religious/Marriage and Parenting for Women-

2nd & 4th Sunday of the month from 11-12 noon

Adult Religious/Marriage and Parenting for Men- 2nd

and 4th Sunday of the month from 11-12 noon

Classes for Single Adults(18-30)- 2nd & 4th Sunday

of the month -11- 12 noon

Classes for Young Men(11-18)- 2nd & 4th Sunday

of the month 11-12 noon

Classes for Young Women (11-18)- 2nd & 4th Sunday

of the month - 11-12 noon

Children’s classes: Sunday school & singing time

every Sunday(3-10) 11- 12 noon

Nursery providedfor ages 18 month- 3 yr

THE FIRST CHURCH IN LUDLOW

859 Center St.

Ludlow, MA 01056

413-583-3339 or 413-583-6834

Reverend Donald

Fenestre-Marek , Pastor

Office Hours:

Thursdays: 12 p.m.-4 p.m.

Fridays: 10 a.m. to 2 p.m.

Visit our website at www.ludlow-first.com

Worship Services – 9 a.m.

Sunday mornings

Church School, Nursery and

Coffee Hour after service.

Wednesdays – 7:30 p.m. – AA meetings

Please contact us regarding our

Fellowship Hall rental.

First Church thrift/gift

shop hours:

Fridays from 9 a.m. to 12 p.m.

Saturdays from 10 a.m. to 12 p.m.

Sundays from 9:45-10:30 a.m.

STS. PETER AND PAUL UKRAINIAN

CATHOLIC CHURCH

45 Newbury St.

Ludlow, MA 01056

Phone: 413-583-2140

Pastor: Father Andriy Krip

Liturgy schedule:

Wednesday 8:30 a.m.

Friday 8:30 a.m.

Sunday 8 a.m

ST. ELIZABETH PARISH

191 Hubbard St., Ludlow

413-583-3467

Pastor – Rev. Msgr. Homer P. Gosselin

In Residence – Rev. Norman Bolton

Deacons, Normand Grondin, Thomas Rickson,

Keith Davies

Wednesday, September 23, 2020 – Daily Mass –

7:30am – (C)

Thursday, September 24, 2020 – Daily Mass –

7:30am – (C)

Friday, September 25, 2020 – Daily Mass –

7:30 am - (C)

Saturday, September 26, 2020 – Coat Drive - 9:00am

– 1:00pm – (JR), Confessions – 2:00pm –

(JR), Mass – 4:00pm – (C)

Sunday, September 27, 2020 – Mass – 7:30am, 8:00

a.m. Take & Eat Program – (FLBH/K), Mass - 9:15am,

11:00am, 5:00pm- (C)

Monday, September 28, 2020 – Daily Mass –

7:30am – (C)

Tuesday, September 29, 2020 – Daily Mass –

7:30am – (C)

UNION CHURCH OF CHRIST

(United Church of Christ)

51 Center St., Ludlow

413-583-5717

Pastor: Rev. Jeffrey K. Erb

Worship Service and Sunday School: Sunday, 10 a.m.

(Fellowship hour following)

Office Hours: Wednesday, 9 a.m. to noon

Choir Practice: Sunday, 9 a.m.

ST. PAUL’S UNITED

METHODIST CHURCH

123 Hubbard St., Ludlow

413-583-5754

Rev. Richard Pagano

Pastor’s office hours

by appointment

Sunday Worship at 9:30 a.m.

Tuesdays – AA 7:30 to 8:30 p.m.

Thursdays – AA 7:30 to 8:30 p.m.

Thursday and Saturday – Outreach

ORCHARD COVENANT CHURCH

95 BERKSHIRE STREET

INDIAN ORCHARD, MA 01151

413-543-4204

Pastors Nick and Karen Munn

In-person Sunday Worship at 10am, or

Live stream from our website

See www.orchardcovenant.org for more information.

Submissions are always welcome.

Send us your engagement, wedding, baby, anniversary and graduation news and photos.

email: elinscott@turley.com@turley.com

PUBLIC NOTICES

LUDLOW PLANNING BOARD LEGAL NOTICE – SPECIAL PERMIT ESTATE LOT

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, October 8, 2020 at 7:10 p.m.** on the application of Michael Chernick, Personal Representative for the property located at **0 Lyon Street (Assessors' Map 7, Parcel 32-1)**, Ludlow, MA for an **ESTATE LOT**. The plans can be viewed on the Planning Board web site: www.ludlow.ma.us/html/planning

***COVID-19:** Please be advised that by the Governor's Order Suspending Certain Provisions of the Open Meeting Law, G.L.c. 30A, §20, relating to the 2020 novel Coronavirus outbreak emergency, the October 8, 2020 Ludlow Planning Board public hearing shall be physically closed to the public.

Alternative public access to this hearing shall be provided in the following manner:

This hearing will be conducted via conference call. Anyone wishing to participate remotely shall, as soon as reasonably possible prior to the hearing, provide notice to the chair by contacting Doug Stefancik at (413) 583-5624 X1281, Monday-Friday 8:30AM to 4:30PM or by e-mail at dstefancik@ludlow.ma.us. Those giving such notice will need to identify at the public hearing and provide their name, address and a contact phone number. At the start of the hearing, the chair shall announce those persons participating remotely and the information will be recorded in the minutes per 940 CMR 29.10 (7) (a-b).

The hearing will be available for viewing on cable access channel 191. Instructions for Live Stream via LCTV's Website are available on the home page of the Town's Website.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, October 22, 2020 @ 7:10PM.

Christopher Coelho
Chairman

9/23, 9/30/2020

Commonwealth of
Massachusetts
The Trial Court
Hampden Probate and
Family Court
50 State Street
Springfield, MA 01103
(413)748-7758

Docket No. HD20P1550EA
Estate of:
Robert Paul Clini
Also known as:
Robert P Clini
Date of Death: 06/25/2020
CITATION ON
PETITION FOR
FORMAL
ADJUDICATION

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by Christopher M Clini

of Ludlow, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Christopher M Clini** of Ludlow, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/08/2020.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without

further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.

Date: September 10, 2020
Suzanne T. Seguin
Register of Probate
9/23/2020

**TOWN OF LUDLOW
MASSACHUSETTS
OFFICE OF THE
BOARD OF SELECTMEN**

PUBLIC NOTICE

This is to notify
that Pursuant to the Acts of 2020, specifically Section 7 of Chapter 92, "An Act Relative to Municipal Governance during the COVID-19 Emergency" signed into law by the Governor on June 5, 2020, the Ludlow Board of Selectmen intends to consider an adjustment of town meeting quorum at the Board of Selectmen's meeting on **September 29, 2020 at 6:30 p.m.** for the October 5, 2020 Special Town Meeting. A copy of Section 7 of Chapter 92 of the Acts of 2020 is available on the Town Website.
9/23/2020

LUDLOW PLANNING BOARD LEGAL NOTICE – SPECIAL PERMIT HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's

Conference Room on **Thursday, October 8, 2020 at 7:00 p.m.** on the application of Kelly Partridge of **50 East Akard Street (Assessors' Map 16B, Parcel 82D)**, Ludlow, MA for **online clothing business**. The plans can be viewed on the Planning Board web site: www.ludlow.ma.us/html/planning

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to the hearing, provide notice to the chair by contacting Doug Stefancik at (413) 583-5624 X1281, Monday-Friday 8:30AM to 4:30PM or by e-mail at dstefancik@ludlow.ma.us. Those giving such notice will need to identify at the public hearing and provide their name, address and a contact phone number. At the start of the hearing, the chair shall announce those persons participating remotely and the information will be recorded in the minutes per 940 CMR 29.10 (7) (a-b).

hearing will be available for viewing on cable access channel 191. Instructions for Live Stream via LCTV's Website are available on the home page of the Town's Website.

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, October 22, 2020 @ 7:00PM.

Christopher Coelho
Chairman

9/23, 9/30/2020

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dealing with a variety of mental health conditions such as depression, which can lead to suicide. The economic hardships caused by unemployment, the loss of your own small business, and attempting to meet growing bills, are also contributing to a increase in suicides," said Dr. Barry Sarvet, chair, Department of Psychiatry, Baystate Health.

"Furthermore, there are many individuals in our community who have experienced the loss of a loved one from COVID-19. The normal grieving process necessary for people to heal from losses like this are often disrupted by infection control measures and this increases the risk of depression in bereaved individuals," he added.

The CDC survey statistics tell the story:

- 40% of American adults reported experiencing mental or behavioral challenges tied to the COVID-19 crisis and measures including social distancing and stay-at-home orders.
- Nearly 11% of the 5,412 adults surveyed between June 24-30 reported having seriously considered suicide in the 30 days prior.
- The percentage was significantly higher among those between the ages of 18 and 24, with about a quarter saying they considered thoughts of suicide.
- Nearly 31% of unpaid caregivers and 22% of essential workers noted they had thoughts about ending their lives. Respondents who are black or Hispanic were also well above average.

• Anxiety or depression symptoms were reported by one-third of respondents. Also, some 26.3% reported experiencing trauma and stress-related disorders because of the pandemic.

Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress.

The CDC lists 12 warning signs of suicide as:

- feeling like a burden
- being isolated
- increased anxiety
- feeling trapped or in unbearable pain
- increased substance use
- looking for ways to access lethal means
- increased anger or rage
- extreme mood swings
- expressing hopelessness
- sleeping too little or too much
- talking or posting about wanting to die
- making plans for suicide.

If you have a loved one exhibiting such behaviors or thoughts, you should ask them what you can do to help. You can point out your observation that they seem sad and can encourage them to get help initially through their primary care doctor, who can assess the situation and prescribe medications or make a referral to a mental health professional.

"People who attempt to take their own lives often are profoundly hopeless and need people around them to notice their suffering and to help them to seek treatment. It's really important for people to learn about the signs of depression, substance use disorders, and other common behavioral health conditions. It's time for us to let go of the stigma that has made it so difficult for people to talk about these things," said Dr. Sarvet.

The recent CDC survey also noted that one in four young adults in the U.S. said they considered suicide over the last month.

"In teenagers, depression is often complicated by disciplinary problems, school underachievement, interpersonal conflict, and drug and alcohol problems. It takes a great deal of understanding and compassion to notice the depressed person in the middle of all of this, who may be at serious risk for suicide," said Dr. Sarvet.

Dr. Sarvet noted that it is important for parents and caring adults to learn how to recognize depression in teenagers, including:

- changes in school performance
- excessive worry or anxiety, for instance, fighting to avoid bed or school
- hyperactive behavior
- frequent and disturbing nightmares
- increased aggression or disobedience
- frequent temper tantrums.

Dr. Sarvet suggested working with your doctor or therapist to create a written "suicide safety plan" should you begin to experience thoughts of harming yourself.

When creating your plan, consider listing answers to the following:

- Warning signs or triggers of a developing crisis such as thoughts, images, mood, situation, behavior
- Internal coping strategies, such as relaxation techniques or physical activity, including engaging in your favorite hobbies
- People and social settings that can offer distraction
- People you can ask for help
- Professionals or agencies to contact in a crisis, including the Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Steps for making the physical environment safer
- A safe place you can go to
- Things worth living for.

Dr. Sarvet noted suicide touches everyone.

The suicide death of a loved one or close friend can have a profound impact on survivors who often feel partly responsible for the tragedy. Those looking for support in coping with a suicide loss can visit the American Foundation for Suicide Prevention website at <https://afsp.org/> for a list of nearby support groups.

If you, or someone you know, is in suicidal crisis or emotional distress, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the Psychiatric Crisis Team at 413-733-6661 for Springfield residents or to learn where to call outside the Springfield area. You can also talk with your primary care physician for a referral to a mental health professional or visit your local emergency room.



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